

tranzen**z**enddance
ozen rajneesh





love is a great fear
people are afraid of love
because the moment you love you are no more separate
your boundaries disappear
and anything can come towards you
this is buddhas way...acceptance...openness...love
whatsoever comes...let it come
as long as you open the doors in the name of love
whatsoever comes...we will see...allow
that is the way of the seeker of truth
never close your heart to love

and remember at this peaked state you are no more human
but a divine being filled with light
it is present in each and every act of yours
spread this grace...this beauty
into each of your actions
and you will see that slowly slowly
what is coming out of you is this light
there is no way but to live it
live your light



there is no one in !!!
the goose is out !!!
has always been out of the bottle
has always been free
how did the goose get into the bottle ??
through identification
with the mind...with thoughts...with emotions
the goose got trapped into believing that it lives in the bottle
the goose became identified with the bottle
the ego...to be its reality
no body...no mind
and there is no identification
there is no bottle
and the goose is out...has always been out !!!



live your ordinary life in an extra ordinary way
live each day with a new quality of meditateness
let love flow out of your hand
in each and everything that you do
spread yourself into your day to day activity
silently watch the smallest actions that you do
the smallest action is so important
because that small action creates the subtlest in you



let the gods find me
let the truth find me
whoever wants to find me...
find your dancing flame
and that love will dissolve you



dance and be total till you dissolve
you are no more...
and what will remain is this beautiful presence
showering upon you
just dance and celebrate and see what happens
see where it leads you
celebrate...celebrate...celebrate...
and this peak of celebration will drown you
into the state of meditation





when you peak...peak totally
when you drink...drink totally
this is the path
and slowly the path
becomes wider and wider and wider
and you are no more
you have become the path itself
you have drowned into the path
you are no more
you are the path
you are the goal
you are the answer
you do not receive any answer
the answer dissolves you



do not make any sense out of this
just dive into the unknown
do not make any sense out of sannyas
it is senseless madness
then the pull will come
you will not know why...what is the reason
you just want to die
it is so overwhelming
the moth is flying...the candle is burning
it knows it is going to die but the light is so pulling
and the moth is dancing around the light
and the flame is burning
the moth goes into the flame...burns and dies
sheer madness !
absolute death !
insanity !



just being at ease
utterly relaxed silent and you will flower
do you understand that life has given you life ?
what more can it give you ?
what more are you asking for ?
just see what you have
celebrate what you have
you have too much
you have so much that you can share
empty handed...this fullness of light
open hearted...just life pouring
you can share life !



this state of no mind
where everything disappears
is transcendence
now...there is no need to drop anything
as all has simply evaporated
there is nothing to drop!!
this is the real inner understanding
the real message
to transcend...vertically transcend
and the mind...and its identification
will drop automatically
in fact it will not need to drop at all
mind will simply remain where it is
and you will remain beyond
transcendental...silently watching



if you are a painter...start painting
if you are a musician...go deep into your music
if you are a dancer...go deep into dance
whatsoever is beautiful in you...enhance it and go totally into it
it will open the window for you
each person has a unique talent
and creativity opens the door
to vaster and vaster spaces of expression
so your wings can grow
see what is positive in you
and take it as the window to existence and explore it deeply
go deep into it and it will be your door
your creativity will be the door to the light



you will not live here forever
remember...death is around the corner

death is not tomorrow

death is today

tomorrow is your imagination

when you will die it will not be tomorrow

you will die today

the moment you learn postponement

tomorrow and tomorrow and tomorrow

it means you already arrived to your grave

because tomorrow is the grave

all postponement of living here today

all postponement of living life totally here and now

is a way to your grave

stop postponing life



you have life
that is enough unto itself !
enlightenment is not an achievement
it is a drowning into the existential truth of life
that is already pulsating within you
it is feeling the pulse of life that is already within you
understanding the source of life and drowning gratefully into its silence
you have already achieved without achieving
the buddhas are the ones who have dropped achieving
so lazy...so content
totally herenow
just enjoying the breath
this pulse of life
aahhh...perfect !
this is gratitude...that you have life

meditation is just an indication
how to celebrate and enjoy life totally
how to be creative and share your beauty
it is all about living
living the truth...living the light
utter freedom...the sky is yours
paint it the way you want to paint it
life is your painting...choose your brush
choose your colours and be a painter...
create your life...it is up to you
and nothing prevents you
nothing prevents you !



the deepest experience of truth...
can only be found when you are not present
you are the hindrance
how to attain to the state where you are not present ?
you are in the way !





dancing is a totally different phenomenon when you are a meditator
you are not dancing with the outer body
you are dancing with an inner stillness
you are dancing so that your stillness becomes deeper
you are listening to music so that your silence becomes deeper



do not educate children
just let them be
and see what happens
if nothing happens so what ?
no result is also okay
we are not giving birth to children to get results out of them
they are not an investment in our future
let them go astray
that is their joy !
do not try to help the children grow up
they are growing up too quickly
they do not even have time to enjoy the depths of childhood
let them enjoy their lives

it becomes more present
when you are celebrating and dancing
it becomes more present
when you are sharing it with your friends
it becomes more present
when you give it as a gift to whosoever you meet





what a joy
celebrate yourself
express your beauty
express your joy
let it spread...let it spread
know once and for all
that it is present in you
there is nothing lacking in you
nothing is lacking in you
the day you decide
that today is the day
that will be the day
everything will come towards you
nothing on this earth can stop you
forget about stopping you
everything in existence will come to you !
it will rush towards you
and help will come to you from all around
existence wants you to win
existence is on your side
it is waiting for your celebration !



from the sky the rain will descend
and you will be showered with it
begin from the peak and then settle into stillness
why sit and wait for enlightenment ?
we are dancers in ecstasy !
just dance totally and see
how you melt and merge

i have immense respect and love for musicians
they are no ordinary people
especially if the music comes from their silence
from their meditateness
it will take you higher and higher
we are one field of love
always look at musicians with a mystical eye
become receptive to the spiritual expressing through them
and if you are receptive you will arouse their creativity
and hand in hand you will see a new experience gathering



i am just a reminder that you too are a buddha
live totally...celebrate yourself...
because within you...you have the gift of life
within you is your eternity
and you deserve it...you deserve it !
it is yours
and you do not need to do anything for it
it is your very nature
drown into your own inner nature in deep gratitude
and you will see nothing else but your open sky

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one who has found will never tell you to search
he will say...drink...drown...disappear
dance...celebrate...live totally what you have
take whatsoever you have to its peak
and experience its beauty...experience its height
no need to search...you are it
drown into your own inner being
drown into yourself
it is not a search...it is a dissolving

it has already happened
faster than the speed of light
you are already enlightened
now you need to wait
just wait for your rebirth
and the moment you will reach
you will know and realize
that you had already arrived





we do not give up anything
we add more to it
we add a beauty to the world
we add a dance to the world
we add our love to the world
we add our compassion to the world
we do not want to run from the world
we are the world

we are here to live
and we do not deny anything
we are not here to deny but to accept
total acceptance of the world
live sannyas in the world
it is far more difficult than escaping to the mountains
it is a test to be in the world
can you love here ?
can you live here ?
can you spread your joy here ?
then you have achieved !

you can dance your way to god
there is no other way but to dance your way to god
god is a dancer
he is silent and cannot speak
his power is his stillness
his power is his silence
dance dance dance dance
just keep dancing...
till you drop...



a mystic is one who dances
and gives you the experience through his dance
you can feel it when you are dancing that the sky is open
and something is showering on you

the only way to be with the mystic
is to dance with the mystic
and the dance of the mystic is not ordinary
it is extra ordinary
it is rooted in deep silence
it is rooted in a deep inner stillness

and all that moves around a still and silent being
is like a tornado
it is so strong !



celebrating life is a way of expressing
your gratitude towards existence
each time you peak into the sky
a blue flame arises out of you
and touches the sky
and there is an explosion of light
and the heavens know that you are grateful for living
that is the only thank you...you can give to life
can you say...thank you life ?
your expression of dance is your thank you
and those who seek life...life seeks them





the greatest state of ecstasy leads you to dance
the dance goes higher and higher and higher
even when everything comes to a stop
even in that ultimate stop there is a subtle dance
very cool...very still
you know that you have come to the ultimate peak
you stand still...nothing moves
but you will see the dance is happening
you can see the dance of existence
this pulse...this harmony
that is the ultimate dance

taste one moment so totally
that you fall into that moment
and never come out of it !
moments are vertical
just vertical...vertical...vertical
and you fall...fall...fall





allow the others space and time to accept your love
be gentle with whomsoever you meet
and be gentle with yourself
and stop judging yourself
you are just the way you are
you need time to grow
and that is why we are in this journey of life
by accepting yourself
you learn to accept the others too
never judge your weaknesses
feel your strengths
see the others strengths too
and ignore their weaknesses
the strength is so strong
that the weaknesses disappear like shadows



break all rules !
break all rules...they are not for human beings
you are not a prisoner...the whole sky is yours
no commandment can fit anybody
no buddha can give you ten commandments
for teachers it is very easy
they can make rules...one two three four...ten
and create ten directions of closure
they can close you from many directions
they tell you...do this or do not do that
both are the same
the moment you are saying yes to something
you are saying no to something else
even if the ten commandments are positive
do this...it also implies do not do that

when you are at the state of nomind
there is no conditioning
you are not even a person
you are not a man
you are not a woman
which conditioning are you going to remove ?
in that state you are not even present !
you are absent...
and there is a nobodiness
evaporated





no master in history of consciousness can say
watch your conditioning
please do not watch anything !
watching from a peaked state...is watchfulness
there is no mind there !



i say leap first...then look
i say leap and then we will make sure you die !!!



life is short
start drinking now
find ways to get drunk
so what you take with you
will be the juice and nothing but the juice
squeeze your moments into totality
drink the juice totally
and what will be left behind...let it go
celebrate and move with it
those are your wings
you can fly !

each time you experience these ecstatic moments
these are your wings that you are taking with you
your ultimate treasure that nobody can take away



find your inner treasure
i am here to remind you
that you are a being of light
find your eternity
that is the greatest reward
and it has been given to you as a gift
you come with that treasure



sing your song...dance your joy
celebrate your understanding
the world needs more celebrants
more dancers...more lovers and people of silence
silence has become so invisible in the world
the silent people need to express themselves
they need to share it...courageously
we need to share it in any way or form
through your painting... through your sculpture
through your dance...through your music

it happens in your totality
in that peaked explosive state
you are experiencing the very truth that you are carrying
and then how to dissolve into it becomes so simple
because you are in such a peaked state that you are dissolved
there is no more boundary between you
and the energetic space that surrounds you





nothing happens !
all happening comes to a stop
and you are perfect
you are perfect when everything stops
and nothing is meant to happen

those who live totally
experience death and deathlessness in the same moment of totality
those who do not know how to live totally
shadows and shadows surround them
you do not know what death is...how can you fear it ?
but you know what life is and what you have not lived
that is the fear...the fear of an unlived life





just go into dance
totally..totally..totally..totally
just dance totally wherever you are
it knows how to go higher
and life moves in abundance
the higher you go..the higher you go..the higher you go
it finds the balance..it moves into balance



this is the message of all mystics
that you are enough unto yourself...and much much more
enough unto yourself is a small message
you are infinitely more than that
you can share and dance and celebrate with all your friends
spread your light
whatsoever you have...rejoice it and spread it
express it and dance with it
live it and express it
and the more you will share
the more it will grow...the more you will have
and this dance continues
this celebration continues...it is a continuous celebration



so remember...our dance is not ordinary
it will touch the sky and will bring the stars down...into you
they will quench your thirst...
they will fill you with light



each moment you dance and you peak
you arrive to that enlightened state
you are face to face
in that orgasmic moment
with your own living master
hence i dance
peak
stop
drink...drink...drink
let that peak descend deep into you
that is transformation

expression is not energy
stop is energy !
you will see people running...shouting...screaming...jumping...laughing
you think that is energy
it is all rubbish
when you peak...everything stops
you cannot even move
you are simply stopped...
that is energy !





go totally into dance
you will be lost...completely gone
you will not be there to find where you are
when the whole body is in dance...you will disappear
that dance will remain and you will watch the miracle
you have reached the state beyond the mind
you cannot go beyond the mind with the mind
you can go beyond only when you are total and in let go



find something in your life
something in which you can be total
painting...dancing...singing...pottery...swimming...running
something that creates a totality in you
a spontaneous combustion within you
and takes you higher and higher
and takes you to a peak of fulfilment
this fulfilled state is the light and its expression of blissfulness
drink that blissfulness and celebrate your life
the more you will celebrate your life and live your life
the more you will attain to this quality of living
and living shows you life
you are searching life...not truth



thirst is thirst
never drop this thirst
get drunk...drunk for more
never drop the thirst !
i never say drop anything
somebody may have told you drop something
i say...never drop thirst
keep getting thirstier and thirstier
deepen the longing and wait
certainly wait !
the moment you have drunk you know for certain
nobody can take that certainty away from you



that is the first thing one knows
that it cannot be said
the answer cannot be given
it is simply not possible
but you can dance...you can whirl
you can celebrate...you can rejoice
that is possible !
and something may transpire
something can happen...maybe...
dance...sing...celebrate...
it is not an achievement nor an attainment





do not fight shadows
understand how to slip out of the mind
how to reach the state of nomind
get utterly drunk and dissolve
do not solve things...dissolve things...
and they dissolve when you bring the simple taste of awareness
a peaked heightened orgasmic state
this is the state of nomind



you are searching what is flowing within you
how to elevate this flow
how to live and breathe deeper
how to become more sensitive to what you have within you
you are a treasure and that treasure is life
do not search life...live...live totally
and know that you are free
just to know that it is a simple taste
you see the weight fall off your shoulders
you are light...you can fly !!

all the juicy people are sinners
sin is nothing but others judgment
that you are enjoying yourself too much



i am not against the criminal
i am against misunderstanding
and not trying to understand the criminal
turning a blind eye to that poor mans misery
when you turn a blind eye to someones misery
you are adding crime



each time you dance
you go higher and higher and higher and higher
and the moment you peak
everything becomes silent and still
the higher the energy
the deeper the stillness
the deeper the silence
one needs to learn how to peak
and reach that peaked moment
where the whole body stops
no movement...is the peak...



that orgasmic state
is the state of nomind
and it is you in your totality
experiencing the very heights of your being
the search is for this orgasmic moment
and the moment you reach it
everything disappears
and in that clarity...in that state
you get a taste of yourself
the hidden treasure
your ultimate joy





life attracts life
and it keeps rushing towards you
searching expansion
you are a hollow bamboo
and life will pour onto you more and more
an open state of innocence gathers the light
life rushes to you and you are overwhelmed by light
and the deeper you will live the more it will overwhelm you

just search your simple innocence and that is the mirror
not knowing...yet it knows all
it reflects all in its ultimate purity
unclouded...weightless...
that state is bliss
that state is ecstasy
that state is the state of nomind
it is so ordinarily simple...
when you get the taste of innocence
then life is a beautiful mystery
and your not knowing is your wisdom
your not knowing is the sky
do not underestimate what you do not know
what you do not know is your mystery
do not try to know your mystery
celebrate your innocence
everything is perfect



just understand that light is what you need
not knowledge
not a way out of darkness
because darkness is simply an illusion
do not fight with illusions...
find the light

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never allow anybody to dictate anything to you
do not allow anybody to pull you down
find people who lift you higher and higher and higher
do not accept judgments from anybody
they do not know themselves...how they can know you ?
and those who have known themselves
have only seen the beauty
utter beauty in human beings

this whole search is stupid
be the way you are
celebrate and live your life totally
drown into the very current of life
and you do not need to search
how can you search what you already have ?
the moment you say i am searching truth
you are denying truth
you are denying yourself
you do not need to search
you need to live !
and the only way to live is to celebrate what you have
and in that celebration...in that ecstasy...you will realize
you cannot search truth



the state of no mind is your ultimate nature
you are at your peak
you are at your maximum
mind has become silent
and that state is your buddha nature
the inner journey is so simple
the word transformation simply means
energetically transforming your energy
into a higher and higher excited state
till it comes to the ultimate peak naturally
the moment you come to the state of no mind
the only learning is how to drink it deeper and deeper
and allow it to filter through you and settle inside you



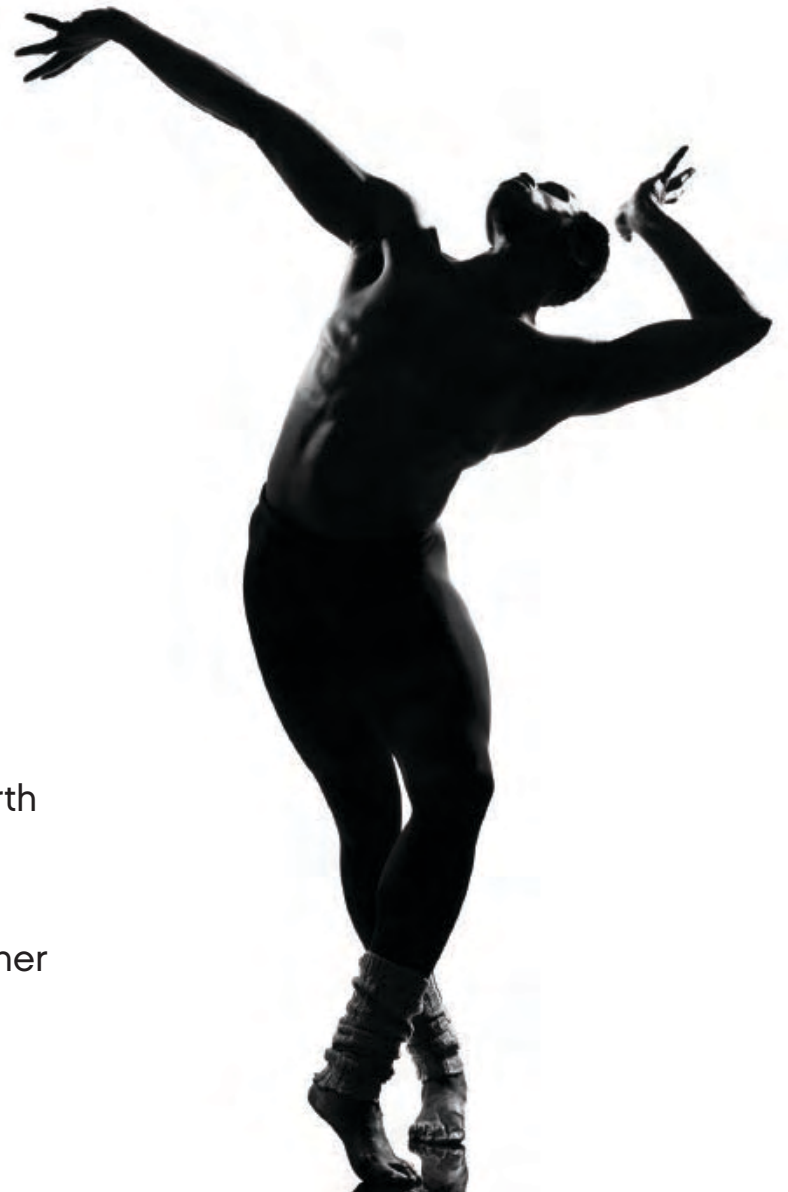


if enlightenment was so serious
then all the masters would have long faces
whenever a person becomes enlightened
they start laughing !
he has got the absurd big joke
he starts dancing...he starts singing
he starts smiling...he becomes innocent
he becomes full of love
these are simple qualities of grace filtering through
what are the keys to enlightenment ?
simplicity...innocence...silence...stillness...grace
total contentment...at ease...relaxed
smiling...present herenow
you see ? nothing difficult
so easy !

the body is horizontal...tied in the world of gravity
the inner body is vertical...free of gravity
how to live in this world and yet be present to the other ?
when you are free...you are simply like a cloud
a being of light
a perfect sphere like the moon
vertically above the body
and the body is below



dance is just the outer...the outer tornado
the inner is a pure stillness
you have found the centre of the cyclone
that is why stillness is very important
dance...dance...dance...but stop
find the centre of the cyclone
it is like whirling
when you are whirling...whirling...whirling
your whole body is moving outwards
rushing in all directions creating a centrifugal force
the centrifugal force is going deeper and deeper into the earth
and stretching you higher and higher and higher into the sky
and your dance is taking you outer and outer and outer
and the centre of gravity is taking you inner and inner and inner
that is whirling



life is so precious
it is the ultimate value
in your search for truth you learn to value your life
and the life which is given to you by existence
this inner search is a gratitude towards existence
a deep thank you for this wonderful mystery of life





make choices that create life in you...not living
living is a game...life is real !
do not prepare to live
that one day i will finally live
when everything is ready and perfect
that day never arrives
do not miss today
do not miss these moments
this so called search for truth
is nothing but being present
to this moment that is arriving upon you
learning how to live this moment is such a joy
with so much grace
with so much gratitude
with so much acceptance
that truth itself dives into you
and says...oh my friend..you have found me !
this is the real meaning
and it will show you the way
it will show you its light

inner trust is total acceptance of your own self
a deep trust in life that is present within you
listen to life flowing within you
listen deeply and it will show you the way
you are the way...it is not outside you
and the deeper you fall in the inner world
you will be totally lost...no way out
and slowly slowly you will find
that you are so lost that you have found it
you have drowned into it
the path itself has become the answer





before you go to search for truth
see what is present within you
see your buddha present within you
your very search is ridiculous...

please do not run after anything...not even after god
god comes to you like a magnet because you are home
you are relaxed
you are open...not searching
you are perfect for that experience to flower
it will simply flower
because there is no struggle
you are home



the only way to succeed is to fail
you can never succeed...
on the inner journey success is impossible
you can only lose totally



the whole search
is not a search but how to lose yourself !
drown your identity and reach to the state of no mind
it is not a search for anything
but how to dissolve and disappear into nothing
hence it cannot be a search but a disappearance
when you disappear...the whole is and you are absent
this is the path of the mystic



you are the ultimate drug
the ultimate ecstasy is you...when you are total
when you are total...samadhi enters into your being
it is so intoxicating
that is why it can give you wings
it is the ultimate drug
it awakens you
it shows you what is behind the wall
and it is a psychedelic world
this world of matter...and the world of light
how they are dancing hand in hand together



deepening is not part of the mind but an inner thirst
the wiser you will become the more you will learn how to drink
and it is not more...it is a deepening of the same moment
just a single moment
that moment is the experience of your eternity
stretch that moment
do not ask for more
more is going horizontal
deepen the experience and live that moment deeper





we are lost...we are completely lost
we do not even bother finding the path
have you seen a drunk looking for the path ?
he does not know what is the path
we are all lost people !
the moment you fall in love
life is so beautiful
you stop looking for the path
the moment you are searching the path
life is missing
those who are living do not look for the path
they are so involved in life !



you are enlightened...
are you not alive ?
can you hear me ? can you see me ?
can you touch ? can you smell ?
is life not in you ?
that is enough enlightenment !!
realizing what you have is a different matter
grow in sensitivity
value what you have and you will realize it
it will be a realization that you already have it



dropping versus transcending
are totally different dimensions
transcendence is completely different
a quantum leap...a deeper realization
into a higher plane...a higher vertical space
vertical growth is transcendence
a vertical upliftment of your being
moving towards higher planes of existence
moving higher into being
transcendence simply moves your being higher
the space of no mind
where mind simply disappears
evaporates



leaving the body...such a crescendo...such a peak
that all these peak moments suddenly flash in front of you
and all the rest of your life that you lived
becomes meaningless
gathering all kinds of rubbish
will simply not be present
what will be present
will be simple small experiences
perhaps when you looked at a rose
perhaps when you saw a sunset
perhaps when you saw the lake ripples dancing
these moment flash in front of your eyes
they have entered so deep
they are so priceless
that your inner being has drunk it

now dance your dance
and live your life with utter joy and gratitude
you peak and simply live in your utter glory
you deserve it !
do not let anybody make you feel that you do not deserve it
it is your birth right
existence wants to give you more...



totality is so fiery
in fact the strength is in its stillness
the strength is in its silence
you want to see totality ?
then learn how to be silent
learn how to be still and you will see totality
you will disappear
there will be a body present
but the totality will make you evaporate into a perfect stillness



i do not have any self left to love
my self has disappeared
i am only love left here
i have no direction for myself
i am dissolved
you are my love
love is simply spreading wherever it goes
no self
you are my love
 now the whole energy turns around
 and it starts spreading outward
 it simply overflows and starts spreading like radiation
i am so filled
i am simply absent
no self
 but i have you
 i have you all
 so many more people to dissolve
 are you ready ?
 join the dance !

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it is very easy to dissolve into love
it is very easy to dissolve into ecstasy
it is so easy to find this blissful state
and drink it and live it
and wait and see how it transforms you
it will not change you
but it transforms your gestures
it transforms the way you look
it transforms the way you behave
it transforms the whole space around you
your whole vibe will be blissful and ecstatic
it will not change you
it will simply illuminate you
and that illumination within will radiate without any effort





love will win...the love within you
the light within you is far more powerful
far more vast than the little darkness that each one carries
and there is no darkness
it is just an absence of light
bring more celebration and it disappears
there is nothing negative in you
it is only positive...it is only beautiful



you disappear into the dance
you are not a person
but a presence
a vertical vibration of light
a column of light
standing open nude to this existence
no boundaries...no wall
this bodymind is the wall
in your dance this wall disappears
the outer reaches the inner and the inner reaches the outer
there is no two...there is no division
you are one with all that surrounds you



it is pure innocence
that of a child...just giggling and laughing
and you can see in the eyes of the child the light and the beauty
and the bubbling of life...so pure
this is where we belong
search your inner innocence
not knowing...is such a beauty...who wants to know ?
when you are dancing and celebrating
do you want to know the way to truth ?
you do not search anything
you are it in that moment
you are drinking and celebrating
who cares what is truth ?
you are truth itself
and truth is nothing but life expressing itself in totality

meditation is playfulness
it is seeing life in its utter joy and a total celebration
life is so beautiful !
so much is given to you
nature has given you life
what more it can give to you ?
it is such a gift
how to enjoy it deeper ?
how to celebrate livingness ?





you cannot deal with a shadow
you are light !
recognizing it the shadow disappears

you can learn to live in the moment
accepting everything as it is
because you are not a perfectionist
you are simply an ordinary person
pulsating your life totally the way you are





no ego...nothing...just drunk
we are drunkards drinking stillness
we are drunk with the divine...it dissolves us
and in that dissolving all questions disappear
you are not given any answer in return
but questions dissolve miraculously
because you are drunk
you are in the state where mind simply does not function
you do not have any question
neither you are searching an answer
the question dissolves...the questioner dissolves
one is utterly drunk

there is no such thing as enlightenment
but life with a capital l i f e
life and living...
so much you have !





the ultimate state of samadhi is an orgasmic celebration
it is pure ecstasy...

and if you do not know how to dance and drown into it
the moment it will come you will not understand it
get acquainted with this blissfulness within you
and the silence and stillness it brings to your life

the only way i know is to dance
dance to such a height
make your dance a big yes to the sky
and the sky is going to shower its blessing on you



there is only one way
do not analyze
do not label
do not try to remove your conditioning
do not try to drop your ego
just bring in the light
and the moment the light comes in
you will simply laugh...it was ridiculous



i have achieved nothing...i am a loser
if you want me to show you how to lose your job...very easy for me !

i can show you many ways to lose your job
i myself have no job

but i can find you ways to lose all your jobs
perhaps that can become a new qualification

you become an utter loser...like me !

and utter losers have a great value today
so few people in the world are utter losers

very few people are utter losers and totally accepting...yes i am a loser
even the loser is not accepting...he is afraid of the word loser

he feels guilty about it...i am celebrating it

i am a loser...no job...i cannot even find a job anymore !

an utter loser and totally content

i do not want to be good for anything in this world
with no complaint

accept that quality as one of the greatest treasures
the world needs all kinds of people

when you are dancing totally you can experience death that moment
you disappear into the dance and you can taste death
and know at the same time
that if you are freed from this form in that dance
if this wall evaporates and disappears in the dance
that experience is of death
and it is an orgasmic experience
when all the boundaries disappear
the weight of this bodymind simply disappears
into a total dance and vibration
your whole body becomes orgasmic and you merge with the sky



move totally into dance...
meditation is not only about sitting
you will become more and more dead
your life will become more and more dull
arouse everything within you
it is an arousal...a peaking...a totality
and then you will feel the silence
but first peak...be total !
and you will realize that sitting is so simple



you are not dancing with anybody
there is no other
there is no them and you
it is not you who is dancing with the trees and the sun and the moon
when you are dancing the whole existence is dancing
because you have disappeared
and your dance is waving the whole sky
 the whole sky is dancing
 everything is in the rhythm
 it has a particular rhythm
 and when you will disappear you will see
 this existence is a celebration



enlightenment is a vertical explosion of light
to understand the vertical in you
there is only one way...dance
and move vertically higher and higher
transcend...into the transcendental



you are perfect when you are at your peaked orgasmic state
it just needs a simple dance
a celebration and a deep acceptance
and again a celebration and a dance
life is a dance
learn to celebrate
and whatsoever is present in you
will expand and express itself
to each and every gesture of yours
you are a living message
the moment you understand this
everything around you becomes a living message
of love...of celebration...of sharing
the vast abundance of nature is expressing itself through you





just die !
no need understand what is going to happen
be mad
not enough mad people in this world
if nothing happens it does not matter
you enjoy a moment of madness
but at least you did it !
you had the courage
you leaped into the flame
burn and see if you are consumed or you are still present
at least you will pass through the fire
something is bound to transmutate within you
you can never be the same
never !!



the moment you reach the stillness in this body
you are experiencing the present moment
because stillness stops the mind
if your body can be utterly still
this pendulum of mind moving...tick tock...tick tock...tick tock
past future...past future...past future
this movement stops
and you are here
stopping this body into a state of stillness
stops the mind
mind stopped
the projection stops
the dreaming stops
you have come to live in the present

i live in celebration
life is a dance and a celebration
i am only celebrating my life
everything is dancing
this silence is buzzing
this aliveness is so overwhelming
too much !
what can i say...
and it will never end for me
life is just a celebration
even without moving a millimetre
everything is still
and shssshhhh...this sound is so drowning
pure ecstasy of silence...
just beauty





musicians are the greatest geniuses
they are tuning into this world of rhythm
they are tuning into balance...harmony...sound...stillness
i am in love with musicians
they are the finest people on this earth
they are the gods
music and dance
just one added quality...meditativeness
how to find stillness in movement
how to find that silent gap in the music...and there is the key !
they are holding the keys
do not undervalue musicians dancers and singers
they are the buddhas
they create the vibe
they create the atmosphere
they are giving you treasures



do not search for truth
when you are relaxed you are the truth
when you are in bliss and celebration and dancing
you are the truth
do not search it
it is searching you in your dance
it is searching you in your celebration
just relax...accept...dance and celebrate



seekers die in pure ecstasy
because they have learned those moments
and those moments have become their peaks
and when they die they will die at the very heightened peak
and they will be dancing their way upwards
we are sky dancers !
dance your way through death
just keep laughing and dancing through and through
even death will be afraid of you !



dancing is an energetic transformation of your energy
it is transforming the lower to the higher
going vertically higher higher higher higher higher...stop
you do not need to stop
it stops you
that is the peak of the perfect state of isness
always find a way to reach that orgasmic state
you can run
you can swim
you can dance
anything that creates that orgasmic state within you
for a single second
and the whole sky opens for you in that moment
that moment you are in the enlightened state



neti neti neti neti
the path of negation
this is not the truth...this is not the truth...this is not the truth
in the end you are left with nothing at all
nothing to hold onto
nothing is real
everything is illusion
all your values...all that you know
is utterly unreal and borrowed
you know nothing at all
and in that innocence the mind simply falls apart
and you cannot hold onto anything
what is left in your hands is the truth !



if you have danced totally
it will be natural for you
just to settle and feel the silence
where did the silence come from ?
where did it descend from ?
very simple...your totality !
that peak state of dance opened the sky for you
and the window that is above you
simply opened and showered upon you its silence

everybody is carrying their own beautiful crystalline nature
so what you have is infinitely beautiful
hence you are uniquely yourself





o z e n r a j n e e s h





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spontaneous talks mystic rose world tour 2009 - 2010

excerpts from his books

go in go in gone

dissolve into love

stop drop dead

zero

yo gotta' groove in

i to i

websites

www.ozenrajneesh.com

www.ozencocom.com

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ozen rajneesh books

tears of the mystic rose his inner journey

go in go in gone spontaneous talks russia

dissolve into love spontaneous talks mexico

stop drop dead spontaneous talks europe

zero spontaneous talks india

yo gotta' groove in spontaneous talks ukraine

zipzap excerpts

chill in excerpts

tranzendance excerpts

vertical herenow excerpts

i to i notes

